



**Cold Springs Family Center  
Group Exercise Schedule  
Effective: May 1st - May 31st, 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am-6:30am <b>Pickleball BEGINNERS ONLY</b> B-ball Ct.	5:15am-6:30am <b>Pickleball BEGINNERS ONLY</b> B-ball Ct.	5:15am-6:30am <b>Pickleball BEGINNERS ONLY</b> B-ball Ct.	5:15am-6:30am <b>Pickleball BEGINNERS ONLY</b> B-ball Ct.		9am-10am <b>Muscle Burn</b> Angela No Class 5/31	8:30am-11am <b>Pickleball</b> B-ball Ct
8:00-9:00 <b>Piloxing</b> Gail No Class 5/5						
9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct No Class 5/27	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct	9:30am-10:30am <b>Senior Fitness</b> Jane B-ball Ct		9:30-10:30 <b>Mat &amp; Body Workout</b> Jane	
		9:30am-10:30am <b>Piloxing</b> Gail No Class 5/7	9:30am-10:30am <b>Step Aerobics</b> April			
10:30am-1pm <b>Pickleball</b> B-ball Ct		10:30am-1pm <b>Pickleball</b> B-ball Ct	10:30am-1pm <b>Pickleball</b> B-ball Ct			
6pm-7pm <b>Line Dancing</b> Merry (volunteer)	6pm-7pm <b>Vinyasa Yoga</b> Kira	6pm – 7pm <b>Full Body Work-Out (Strength &amp; Cardio)</b> Shawna NO CLASS 5/7	6pm-7pm <b>Yin Yoga</b> Kira			

**THE FAMILY CENTER IS CLOSED MONDAY MAY 26th for Memorial Day!**

**Pickleball:**

- For Non-School Days, Pickleball may be adjusted to accommodate our school age program and member participation.
- Pickleball play may be extended past the time on the calendar only if there are no other needs for the court.